

The Art Of Sensual Massage

An easy-to-use pictorial and textual manual for simple, effective drugless stress control in every area of life. Gordon Inkeles shows how readers can master simple, scientifically proven massage techniques that turn pain into pleasure and reduce stress. Includes three and four minute relief regimes for headaches, neck and shoulder pain, insomnia, back pain and nervous tension as well as ten minute erotic massages and circulatory stimulations. Large photographs demonstrate all techniques.

Touch, tease, stimulate and explore every inch of your lover! This sensational guide teaches you tantalizing touch techniques guaranteed to make your partner moan with pleasure, from a toe-tingling foot massage to an erotic wake-up call. Turn up the heat, by delving deeply and discovering hot spots your lover didn't even know existed. Fire up foreplay to new heights of pleasure, from using your tongue as the ultimate massage tool to creating an erotic toy-box guaranteed to banish bedtime boredom forever. Experiment with new sexual positions and see how to enhance them with a simple caress. More than 60 inspiring illustrative photographs display these tried-and-tested techniques—which are guaranteed to bring excitement, greater sexual fulfillment, and a new intimacy to lovemaking.

Offering your partner the sensual pleasure of a massage brings special feelings of satisfaction. Do it with skill, passion, and creativity with these intimate, beautiful photos and instructions. Learn the different strokes (effleurage, petrissage, friction, others), and when and how to use each one. Vary your touch to make it loving, erotic, or playful. Give the 20-minute relaxing massage or indulge in a longer, stimulating one where senses heighten and bodies make full contact. "Mix romance with relaxation or upgrade your seduction skills."--www.HoneyMag.com.

Have you noticed that passion in your relationships has subsided over the years, and you wanted to change something? Do you think you know your own and your partner's body well enough? How many erogenous zones do you know? You must read this book about massage for couples, to find out the answers to these questions and to awaken the former desire. Touch is the most intimate sense. Couple massage makes you understand each other without words on the most intimate level. Touch can carry passion and love, confidence, and empathy. It promotes relaxation and healing, is central to our erotic experiences. Touching the body of another person, feeling the skin of your loved one with your skin gives you much more pleasure than any other feeling known to man. However, oddly enough, even lovers rarely use this gift of nature to the full. This couples massage book is a kind of textbook in how to bring your body and your partner's body into a comfortable state through massage, so that it flies away, relaxes, recuperates, and experiences an unearthly pleasure. You will not need any massage accessories for couples, no couple's massage ball, couple's massage toys. Only music, couples massage oil or lotion, and incense will give your communication a special feeling. We'll tell you how to give your partner the greatest possible pleasure! This book is the result of more than a decade of practical experience in performing massage and years of teaching experience. Everything you read in this book is based on knowledge of anatomy, physiology, psychology, sexology, and various types of massage. In the book, there will be no useless information, only the most important practical knowledge about couples sensual massage. So if you want to know all of the secrets about excellent couple massage, and bring back your passion and desire. You should buy this book! Your partner will thank you!

The Art of Sensual Massage

The Couple's Massage Handbook takes readers from bumbling beginners to passionate pros in no time! This step-by-step guide covers the best tools, oils, music, and locations for giving a massage, including a sequence readers can use to stay focused.

Pocket-sized guide to performing sensual massage. Encourages intimacy through nurturing

and exploring one another by touch. Discusses techniques, creating mood and your own sacred space, which oils to use and how to use massage to enrich a physical relationship. Includes bibliography.

In this classic guide to lovemaking, Dr. Andrew Stanway shows couples how the simple pleasures of courtship and romance, flirtation and seduction, can greatly enhance a loving, sexual relationship. By focusing less on physical penetration, and more on the delicious and arousing art of seduction and foreplay, this unique handbook shows how couples can heighten their sexual pleasure in exciting new ways. With full-color exciting yet tasteful illustrations showing the way, you'll learn all about attraction and courtship, the art of seduction, the role of fantasy, love, sex, and romance, the sexual body, how to create romance, sensual and erotic massage, the role of sex toys, precautions and protection, and lovemaking positions. In his trademark frank and informative style, Dr. Stanway includes sections on: Mutual attraction Seduction Love, sex, and romance Arousal Sex drive Desire Masturbation Oral sex The power of touch And more This is a revised and updated edition of an erotic classic, published on the 20th anniversary of its original launch. It's a must-have for every couple looking to explore new levels of intimacy.

Sooth away stress, banish pain, and share the language of touch with the healing powers of massage What reduces pain, enhances athletic performance, job efficiency, improves the circulation, raises immune efficiency, promotes the healing of tissues, increases the functioning of the skin, enhances focus and emotional balance, and improves appearance? Right, massage! So what are you waiting for? Discover how to knead your way to relaxation and wellness with this fun guide to the art of massage. With the help of numerous step-by-step hands-on photos and illustrations, *Massage For Dummies, 2nd Edition* shows you, move by move, how to harness the healing power of touch. In no time you'll master the basics and learn how to give and receive a therapeutic massage. 25% new and expanded content in this edition Covers an array of techniques, from Swedish to Deep Tissue and sports massage to self-massage The newest strokes and techniques that can relieve specific painful conditions Hands-on and extremely practical, *Massage For Dummies, 2nd Edition* shows you how to integrate massage and its benefits into your everyday life.

Do you feel disconnected from your partner? Do you feel that something is stopping you from expressing yourself physically? Do you want to add some spice to your sex life and improve your intimacy quotient? Do you want to learn about the different ways in which you and your partner can pleasure each other? Are you curious about learning about different practices of Tantra? If your answer is yes for any of the questions mentioned above, then this is the perfect book for you. In the course of this book, you will learn: The meaning of Tantric massage and its various benefits What are essential oils and how you can make your own massage oils at home The different techniques and essentials of giving a tantric massage Various methods used during tantric massage Various male and female tantric massages How to give an aromatherapy massage Ways in which tantric massage will help to reignite the spark in your sex life This book provides all the information that you will need to know about tantric massage and the different techniques of tantric massage that you can use. All the information regarding will help you to form a bond with your partner that surpasses the physical realm! So, what are you waiting for? Let's get started! Buy your copy today!

Experience the Healing Power of Massage With more than 650,000 copies sold, *The Book of Massage* is the classic guide to the relaxing and healing skills of the hands.

Featuring both Eastern and Western methods, it presents step-by-step, beautifully illustrated instructions on everything from traditional massage to shiatsu and reflexology. The Book of Massage offers easy-to-follow techniques for giving the perfect massage, including advice on creating the right setting and suggestions for using aromatic oils and lotions. In the comfort of your own home, you can Soothe away stress and tension Develop your body's unique healing powers Banish headaches and back pain Share the language of touch Experience optimum health and vitality Now revised and updated with fresh color photos and drawings throughout, The Book of Massage is a simple and comprehensive handbook that reveals how you can experience the myriad benefits of giving and receiving a soothing massage.

Now in its fiftieth printing with over a million copies sold, this is the world's most popular massage book. Written in a reassuring and intimate style and lavishly photographed, it takes you every step of the way through a complete body massage.

Starting with a simple setting that can easily be accomplished with few special preparations, readers will learn, step-by-step, how to make a deep and meaningful connect with their partner's body. Using a combination of strokes from the most time-honored massage traditions, they will learn to be mindful of where their partner holds stress and tension. As the massage continues, readers will enter into a profound nonverbal dialogue with their partner, learning much from the simple act of contact with another body. All of the techniques are illustrated with black-and-white photographs. Elegant and refined, this book is a perfect gift for a special someone or a friend in love. Reimagines black and brown sensuality to develop new modes of knowledge production In *Sensual Excess*, Amber Jamilla Musser imagines epistemologies of sensuality that emerge from fleshiness. To do so, she works against the framing of black and brown bodies as sexualized, objectified, and abject, and offers multiple ways of thinking with and through sensation and aesthetics. Each chapter draws our attention to particular aspects of pornotropic capture that black and brown bodies must always negotiate. Though these technologies differ according to the nature of their encounters with white supremacy, together they add to our understanding of the ways that structures of domination produce violence and work to contain bodies and pleasures within certain legible parameters. To do so, *Sensual Excess* analyzes moments of brown jouissance that exceed these constraints. These ruptures illuminate multiple epistemologies of selfhood and sensuality that offer frameworks for minoritarian knowledge production which is designed to enable one to sit with uncertainty. Through examinations of installations and performances like Judy Chicago's *The Dinner Party*, Kara Walker's *A Subtlety*, Patty Chang's *In Love* and Nao Bustamante's *Neapolitan*, Musser unpacks the relationships between racialized sexuality and consumption to interrogate foundational concepts in psychoanalytic theory, critical race studies, feminism, and queer theory. In so doing, *Sensual Excess* offers a project of knowledge production focused not on mastery, but on sensing and imagining otherwise, whatever and wherever that might be.

From the author of the million-seller "The Art of Sensual Massage", comes a revolutionary product with the most effective massage program ever. "Sensual Massage on a String" is a gorgeously photographed, shrink-wrapped deck of 60 laminated cards--with massage on BOTH sides. Readers can choose to learn a full body massage or focus on intensely pleasurable strokes for any area from head to toe.

Dozens of proven techniques for stress control, pregnancy, erotic massage, relaxation and much more are included. Packed inside, two push pins and a length of elastic string make it easy to hang--or spread out--cards anywhere.

This is the perfect introduction to using massage, yoga and acupressure to balance the body's natural energies, with easy-to-follow techniques shown in 400 photographs. It is a unique approach to unlocking your inner energy using a combination of yoga stretches and pressure-point work. You can gain greater awareness of your body and mind, to improve your physical health and find a new spiritual stillness and strength. It includes a complete body routine to follow for a total in-depth treatment, plus shorter routines to concentrate on specific areas of the body. It features bodywork specially devised for pregnant women and older people. It provides bodywork to ease everyday complaints such as headaches and an aching back. All techniques are illustrated with step-by-step photographs, with more than 400 photographs in total. This powerful form of body work uses the body's own energy lines, combining gentle yoga stretches with massage techniques and also introducing elements of other popular healing approaches, including acupressure and reflexology. The book begins by outlining this ancient healing therapy, its origins and objectives, and then explains and demonstrates the elements and requirements of a typical session. The core of the book is a comprehensive full body treatment, working through each area of the body sequentially. With over 400 specially taken photographs, this is the perfect guide to the subject, providing absorbing background information and clearly illustrated step-by-step routines.

A basic, powerful sensual massage program in a handy guide. A quick guide to sensual massage with an easy-to-learn step-by-step program for a complete body massage. Beautiful photos and graphics throughout make the book as enjoyable to browse as it is to use. This handy guide is perfect as a romantic gift or travel companion. It's the easiest way yet to learn the delightful art of sensual massage.

With top-to-toe sensual massage, this title will enable you to discover a whole new world of erotic play. Packed with techniques drawn from Thai, Tantric and Western traditions, it explores a range of sexually charged movements and manipulations, with some surprising additions and variations.

Erotic massage is the missing ingredient to incredible mind, body and emotional pleasure and satisfaction. The power of touch to seduce, tease, pleasure and create mind blowing sensations can not be disputed. This guide covers ancient and modern techniques to erotic and sensual massage, seduction, the key massage strokes, how to create a sensual environment. Discover power tips to putting the fun and passion back into your relationship, and if you're looking for something just a bit extra - this erotic and tantric massage guide will take your pleasure to an all new high. This book includes over 40 photographs and drawings to illustrate key points. You will learn erotic and tantric massage techniques as well as full body sensual massage. The full body sensual massage techniques will relax the entire body and soothe the mind and soul. Learn how to create a seductive atmosphere for your lover to take their pleasure to an all new level. The intimate or tantric massage techniques have incredible health and emotional benefits such as increased appreciation and acceptance of the body and intimate areas, increased libido, arousal and orgasmic potential. These techniques include yoni or vaginal massage, sensual breast massage, as well as prostate and lingam or penis massage. Whether your relationship has lost it's spark or you are simply looking to add more pleasure and satisfaction to your loving, erotic massage is the secret ingredient to powerful seduction, arousal and a whole body orgasm. As well as massage the book covers how to

increase sexual pleasure and excitement through lovemaking and oral sex.

With over one million copies sold *The Art of Sensual Massage* is the world's most popular massage book. This edition is packaged with more than three hours of video massage on three award winning DVDs: *The Art of Sensual Massage*, *Sensual Massage Made Simple* and *Sensual Massage Master Strokes*. Readers can watch a stroke on screen then read about it in the book and try it for themselves.

Inkeles' original and legendary volume on the art of sensual massage, printed in its entirety and including a free instructional DVD. Teaches readers hundreds of intimate massage techniques and includes sections on preparation, materials and accessories. Building from relaxing massage through sensory massage to erotic massage, Inkeles takes readers on a journey to a special kind of intimacy in this classic reference for lovers of all ages. Also contains an appendix on the history of massage and instructions for building a massage table. This text demonstrates key techniques through descriptive language and detailed photography, unravelling the best ways to sensually massage your partner.

An ancient Hindu text, "The Kama Sutra" is attributed to Vatsyayana-a Vedic philosopher of the Gupta Empire. The book offers advice on the practice of sexual intercourse, with additional passages about virtue, love, family, and other aspects of human life. It is arguably the world's most famous literary document concerning human sexuality.

Designed to help lovers unleash the dynamic potential of the erogenous zones all over the body, this book explores an array of new ways to heighten sexual arousal. It combines instruction and suggestion with erotic photos and a lush design, for a reading experience equal to the subject matter. *Erotic Massage for Lovers* explores a range of sexually charged movements and manipulations, with some surprising additions and ingenious variations. There are massage techniques for every mood, from teasing, tantalizing and stimulating to soothing, caressing and relaxing. Packed with fun and inventive ideas to enhance intimacy and enjoyment, this book invites readers to indulge in a range of luxurious, total-body sensations. The book includes tips on slowing it down with subtle tongue tricks and titillating feathering strokes, as well as recommendations for intensifying pleasure using blindfolds, silk and oils. Demonstrates basic massage techniques, shows how to massage children as well as adults, and discusses self-massage and erotic massage

From Chinese massage to Shiatsu to Indian head massage, this lavishly illustrated "bible" presents all the techniques needed to master the basics. Every spread features large and easy-to-follow photos, while the text guides beginners on what pressure to exert, what part of the hand makes contact with the body, and exactly what to do-whether they're feathering the back, working on the neck and scalp, or performing a sequence on the arms and hands. In addition to holistic and sports massages, there are suggestions for special situations (including massaging a baby); advice on massages to relieve common ailments; and lifestyle tips.

Over two million people discovered the joy of easy relaxation and sensuality in Gordon Inkeles groundbreaking books *The Art Of Sensual Massage* and *The New Massage*. 20 years later he has selected his all-time favourite massage techniques to provide a sensual feast of the strokes that everyone loves. Written in a reassuring and intimate tone, lavishly illustrated and beautifully designed, *The New Sensual Massage* ensures readers can start massaging in a single evening.

DISCOVER THE ART OF INTIMACY WITH TANTRIC MASSAGE! Being touched by the hands of another is a fundamental human need. In this book, discover the ancient, practice of Tantric massage and how it takes touch to a whole new level. Through the ages, sensual massage has been a widely practiced form of intimate connection between those who know its secrets. With a long and fascinating past, sensual massage is found all over the world, it secrets delighting the initiated with a whole new level of touch. Tantric massage, especially, is an erotic font of mutual delight and ecstasy. Science is now proving that the need to be

touched is a vital part of our ability to communicate. In fact, touch is a language that transcends all other forms of communicating. It needs no words. In these pages, you'll find out how your hands can learn to speak it with eloquence and sensitivity, by connecting with Tantric massage. In this book, you'll be initiated into the art of sensual massage and reading about: How the human sense of touch is the first we develop, in the womb. The sometimes colorful history of sensual massage. Touch as a communicative superpower. The secrets of ancient Tantric massage and the roles of Yoni and Lingam. The Japanese art of Nuru and other forms of sensual massage, today. Male and female erogenous zones. Some handy helpers to enhance your sensual massage experience. What makes the male prostate so super special. All about lubes and oils to make you Tantric massage experience even better. Discover the eroticism of Tantric massage in this unique exploration of its sensual wonders. Deepen your sexual IQ, by getting to know the wild world of sensual, Tantric massage; a world in which your fingers do the talking. Buy your copy today!

Sensual massage techniques for enhancing sexual pleasure, in e-book format Explore the full sensual potential of massage with this practical and inspirational companion to enjoying the most erotic, intense and passionate lovemaking experiences. Master over 100 erotic massage techniques to heighten arousal, enhance sex and deepen orgasm. Discover how to pleasure every part of the body, with step-by-step ways to tease and please, from the neck to you and your partners most intimate parts. Create the ultimate massage experience through fantasy, role-play, toys and erotic love games. With tips on oral and manual strokes and complete guidance on how to perform a full body massage, you'll learn to add a powerful new dimension to your sex life.

Warm up a luxurious massage oil, arouse the senses with seductive fragrances, and communicate desire with the intimate, erotic act of massage. Full-color photos show how to work each area of the body, from the top of the head to the tips of the toes, and turn any massage into a beautifully sensual experience. See how to set the scene with atmospheric lighting and sound; master the strokes that will leave someone sighing with ecstasy; and use different textures and sensations to enhance the massage, including fabrics, feathers, and ice cubes. Separate sections explain what's just right for pampering a man or a woman, and a sensual oils aromatherapy chart presents a variety of fragrant options to choose from. Did you know there are ancient techniques to guide you through a sexual intimacy you've only dreamed of? Are you aware that these techniques are so powerful that you will not only experience the greatest orgasmic sensations you can imagine, but that you will develop a significant expansion of self, a spiritual connection, and soulful healing, that cannot be delivered by any manufactured means? This ancient Hindu form of tantra dates back nearly 5,000 years and teaches us that life itself is an endless cycle of sex full of myriad sensations. The act of sex is ultimately an act of one's most honest and vulnerable expression of one's spirituality. Based on this, tantra teaches us the ways to create a supreme connection with every piece of life and how to worship that in the sexual experiences we share. By practicing these ways, we find ourselves in a calm and peaceful state of acceptance each day, and we find ourselves reaching new heights of sensual pleasures at night. If you've ever longed for better communication with your lover, or if you've needed a new element to your sex life together now more than ever, the time has come to learn how. If you've ever craved for sexual healing and true intimacy, satiate your desires. If you've ever fantasized about deeply erotic pleasures and hours of sexual bliss, make it real. This book tells you how. Inside the cover of these lessons you'll discover: * The origins of tantra and its assimilation into western culture * How to perform tantra yoga that will facilitate better sex * How to use asanas and vinyasas to your benefit * Your romantic union can benefit from non-sexual tantric practices * The differences between regular sex and tantric sex * Why individuals use tantra for better health and better sex * How to initiate intimate sexual conversation with your partner * Ways to

eliminate negative emotions and insecurities with tantric sex * Ways to heal sexual abuse through tantra * How to use breath as your ultimate guide to pleasure * Poses and sexual positions to increase libido and orgasm * How to abandon obligation and expectation for euphoria * The effects of mindfulness and meditation for better living and better sex * Everything you need to know to prepare for a tantric sex experience * How to cultivate a perfect sacred space to practice tantra and sex * How to prepare the body for tantric bliss * The mindset and emotional factors that come with sex * How to suppress orgasm for a prolonged sexual experience * What other couples have experienced by practicing tantric sex * The added benefits tantra can have on your relationship * How tantra in the bedroom spills ecstasy into other facets of your life * How to liberate yourself and your partner through sex

Follow the layout of this book from build up to a crescendo and learn the secrets and pleasures of ultimate sexual union. The opposite of a quickie, tantric sex is about the journey, not the destination. Learn how to enjoy the ride. Illuminate your life with sex. Purchase and download this book now in order to start the process of transforming your sex life. Your intimacy will never be the same again. You will discover the crazy amazing potential that you have been hiding in you. Be sure to achieve the best sex life. While at it, please leave a review on Amazon.

A massage therapist teaches the art of touching and being touched in an illustrated guide that includes recipes for oils and aromatherapy guaranteed to help partners rediscover one another. Beautifully optimized for ebook reading, *Sensual Massage for Couples* makes learning sensual massage easy. Romantic, sensual and immensely relaxing, this is one of the world's best selling massage books. The book features a full body massage--with step-by-step instructions for every part of the body from head to toes. You'll learn proven recipes for pleasure that last a few minutes or linger for more than an hour. Special sections for stress control, erotic massage and powerful massage techniques that will enhance an exercise program make this book an essential volume for anyone interested in massage and drug-free relaxation. With literally hundreds of proven sensual massage techniques, the book is both comprehensive and easy-to learn. Nothing in life will relax you more thoroughly than a well-executed full body massage. *Sensual Massage for Couples*, was a Literary Guild selection for more than 8 years.

Learn sensual touch for improved intimacy and better sex! New in paperback, *Erotic Massage* shows how to bring your partner to high levels of arousal, keeping him or her in this state of sexual exaltation for an extended period. This beautifully illustrated book provides erotic massage techniques for both men and women and breaks down these massage methods step-by-step. You'll find suggestions for the appropriate setting, lubrication, good communication, and conscious breathing. More than 60 sensual, how-to photographs and illustrations are featured throughout, as well as testimonials on how erotic massage has improved many couples' intimacy and sex lives.

Massages to relax, delight, and arouse... 'If there ever was a manual that offered a step-by-step approach to putting the pep back into marriage or bringing new lovers closer, it's this one.'-Laurie Sue Brockway, author of *A Goddess is a Girl's Best Friend- A Divine Guide to Finding Love, Success and Happiness* Features- In touch massage techniques that help you relax-or stimulate-one another

Pleasure zones for you to explore-from head to toe Ambient ideas to create the perfect space for sensuality

This is a video of pleasure, as warm and sensual as massage itself. Discover how to give pleasure with your hands. No special ability is needed. No great knowledge of anatomy or unusual techniques. A warm quiet place and a bottle of scented oil are all that are required to spread pleasure inch by inch. The award winning Classic Art of Sensual Massage presents the most comprehensive, complete body massage available. It offers health, relaxation, sensuality and pleasure. Step-by-step instructions guide you through a complete body massage. It's so easy you can start massaging in one evening. Soothe away modern day stresses and experience new levels of strength, relaxation and well-being.

Press Here! Sensual Massage for Beginners is an introductory guide to practicing the art of sensual massage, with yourself and/or a partner—learn through beautiful illustrations, step-by-step instruction, and expert advice. Sexuality is an integral part of your health and self-development. Whether you are single, dating, or already in a relationship, spending quality time exploring the nature of your own and a partner's sexual pleasure and expression through touch can increase your satisfaction, confidence, and bonding while reducing stress. With this guide, learn how to create a unique and satisfying sensual massage experience, including:

- How to use communication to create a safe space and honestly share desires
- Using breath and focus to slow down
- How to create different sensations with your hands
- A demystifying and non-shaming breakdown of the anatomy of arousal (often left out of traditional sex education)
- Creating a sensual space with oils, aromatherapy, toys, and props
- A guided practice model for trying a full body sensual massage either alone or with a partner
- Add sensual massage to your self-care routine or bonding time with a partner to improve your overall well-being

with Press Here! Sensual Massage for Beginners. The Press Here! series offers contemporary takes on traditional hands-on healing practices for a new generation of practitioners. These introductory guides feature easy-to-access organization, clear instructions, and beautiful illustrations of each technique. Other Press Here! topics include massage, Kama Sutra, reiki, reflexology, chakras, face workouts, and acupressure.

Packaged with Sensual Massage Made Simple an award winning 70 minute DVD by Gordon Inkeles, this revolutionary card deck (with 60 double-sided cards, the equivalent of 120 pages) teaches sensual massage makes learning sensual massage easy! Book pages can collect oil from the masseur's hands; videos require you to set up and handle expensive equipment during a massage. These double sided, gorgeously illustrated cards are tough and covered by oil proofed lamination. Photos and illustrations are so beautifully reproduced they seem almost three dimensional. An ingenious suspension system makes learning massage irresistible--and fun! The cards can either hang--as many as six at a time--from the included elastic cord and push pins or be placed directly on your massage surface. Photos are museum quality reproductions, far beyond any

book and instructions are written in the same reassuring and intimate tone that made Gordon Inkeles the best selling massage author in the world. The deck travels well. Slip it into your suitcase to make your next holiday an unforgettable sensual experience. It makes a perfect romantic gift--especially for wedding showers and anniversaries!

[Copyright: af335376ec4ddfb80e36d15c186a4042](#)